



**SPINAL CORD**  
COMMISSION

# SPINAL COURIER

Vol. 6.No. 3

April 1995

## EXPANDING YOUR HORIZONS: ASCC 6th ANNUAL CONFERENCE

The Arkansas Spinal Cord Commission's sixth annual conference, "Living With Spinal Cord Injuries in the '90's: Expanding Your Horizons," will be held Saturday, June 3rd at the Arkansas 4-H Conference Center in West Little Rock. This is the first time the conference will be held on a Saturday, so be sure to mark your calendar!

This year's keynote address, "From Independent Living to Disability Rights: Where to Next?" by Lex Frieden, will open the morning session. Mr. Frieden is Senior Vice President of The Institute for Rehabilitation and Research in Houston, Texas and is internationally recognized as an expert in the areas of disability and independent living. This is an excellent opportunity to hear from one of the leaders in the independent living movement.

### 1995 SCHOLARSHIPS

The Arkansas Spinal Cord Injury Association (ASCIA) is now accepting applications for their third annual scholarship program. Five \$500 scholarships will be awarded again this year. To apply, an applicant must meet the following criteria:

- Have a spinal cord disability.
- Be accepted for enrollment at an educational or training institution for the '95 Fall Semester.
- Complete an ASCIA scholarship application and submit to

*Continued on Page 7 - See '95 Scholarships*

The afternoon session will feature "A Demonstration of Self Defense Techniques for the Disabled" by Ron Scanlon. Mr. Scanlon, paraplegic at the T10/11 level, is a holder of a 10th Degree Black Belt in Kung Fu San Soo and owns and operates his own martial arts studio in California. He presently teaches clinically oriented courses in martial arts self defense for patients with disabilities at the Casa Colina Center for Rehabilitation in Pomona, California. Don't miss this exciting event!

In addition to these presentations, the morning will offer concurrent sessions on the topics of aging with SCI, preserving physical function, dealing with depression and recreation activities. The afternoon will present sessions on the respiratory system of the SCI



person, the neurogenic bladder and Social Security work incentives. A special all-day session will preview SCI-related video tapes available for loan from the ASCC Resource Center.

Exhibitors will be on hand to demonstrate new equipment and services, as well as a resource center for informational material exchange. Plan to come early to talk with old friends and stay late to meet new ones. It will be a day of fun and learning for everyone.  
*Continued on Page 2 - See Conference*

## SECONDARY CONDITIONS SURVEY TO BEGIN IN APRIL

This month ASCC Case Managers will begin to survey Arkansans with spinal cord injuries in order to identify the incidence and effects of secondary conditions. The results of the survey will be used to develop better services to deal with issues such as aging and other changes that come with living with a spinal cord injury. Individuals eligible to participate in the survey are those over the age of 18, who are at least one year post-injury, and who are able to respond to the survey questions.

All individuals participating in this study will have an opportunity to win one of three cash prizes. First prize is \$250, second is \$100 and third prize is \$50. The drawing for the prizes will take place in November 1995, after all the completed surveys have been turned in. Winners will be announced in the January 1996 issue of the *Spinal Courier*.

## SPINAL COURIER

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Cheryl L. Vines  
Executive Director

Thomas L. Farley  
Dee Ledbetter  
Co-Editors

The Arkansas Spinal Cord Commission does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

## BUCKLE UP!



"HELP!!! I've got a bite, and I forgot to set my brakes!"

### CONFERENCE *Continued from Page 1*

one. Registration brochures have been mailed, so return your registration early (scholarships are available to ASCC clients and their family/providers). If you have questions about the conference or registration, please contact Dee Ledbetter at 296-1784.

ASCC thanks our co-sponsors of this year's conference:

- Baptist Rehabilitation Institute
- Continental Medical Systems
- HealthSouth Rehabilitation Hospital of Ft. Smith
- St. Michael's Rehabilitation Center
- Shepherd Center

## SPINAL COURIER Letters

Questions • Suggestions • Directions • Answers

### TIME FOR FUN OUTDOORS !

Dear Editor:

On **Saturday, May 13th**, the AR Spinal Cord Commission, Oasis Renewal Center and Taylor Home Health will sponsor an outdoor event for clients and their immediate families or attendants. Also attending will be participants from the Oasis Disability Support Group.

The event will begin at **10:00 a.m. at the Oasis Renewal Center**, 14913 Cooper Orbit Road, Little Rock (turn left off Kanis Rd. 2 1/2 miles west of Shackelford Rd., onto Cooper Orbit Rd. and watch for the Oasis entrance sign 1/2 mile on the right). Taylor Home Health is providing hamburgers, hot dogs and the "works." Outdoor games for clients and families include: basketball, horseshoes, hiking and football toss. A fishing derby will be held and prizes awarded for the "most fish caught" and the "largest fish caught."

**Call 296-1792** to let us know how many are coming with you, in order to have enough food. If a special diet is required, please bring that with you. Activities will end about 3:00 p.m.

*Martha Henderson*  
*ASCC Case Manager*

### CHECK IT OUT !

Dear Editor:

Baptist Rehabilitation Institute will host a one day conference regarding *Current Concepts In Spinal Cord Injury Fertility* on **Friday, August 25, 1995**, at the J.A. Gilbreath Conference Center

at Baptist Medical Center in Little Rock. The one day conference will focus on the most up-to-date information regarding SCI fertility and sexuality issues. The target audience for the conference will be clients and staff of the ASCC, healthcare professionals who work with SCI patients and physicians. Spinal cord injured individuals will qualify for a reduced price tuition for the conference.

Keynote speakers include Inder Perakash, M.D., Chief of Spinal Cord Injury Services at the VA Medical Center in Palo Alto, CA. Dr. Perakash is a Physiatrist and also a Urologist who specializes in SCI sexuality issues. Also speaking at the conference will be Jane Brown, Ph.D., Psychologist in the Department of Urology at Spain Rehabilitation Center in Birmingham, AL.

Brochure information should be ready in June. If you have questions regarding this conference, please contact me at Baptist Rehabilitation Institute at **223-7047**.

Hope to see you there !!!

*Diane Gottsponer*  
*Health Educator, BRI*

### TENNIS ANYONE ?

Dear Editor:

A few members of the Rollin' Razorbacks are getting a wheelchair tennis team together. If you have a physical disability and would like to learn how to play wheelchair tennis for recreation or to compete in tournaments, contact me at **296-1784**.

*John Gould*  
*ASCC Peer Support Counselor*

# HIGH PROFILE!

## MARTHA HENDERSON

*This is the seventh in a series of articles profiling the ASCC Case Managers.*

When the phrase "support group" enters one's mind, so does the name, Martha Henderson. She has successfully coordinated three support groups for individuals and their caregivers for the past several years. Those who faithfully attend will testify to how much they have gained from the experience. As Martha herself says, "Over the last seven years, I have received letters from several participants who have credited the group experience with helping them make major changes in their thinking and actions." Providing guidance and counseling is very much a part of Martha's life. In addition to her duties as a Little Rock ASCC Case Manager, she also has a private counseling practice and has been a contract therapist for Rivendell Psychiatric Center.

Martha, who is a licensed professional counselor and licensed social worker, obtained her Masters in Social Work and Deafness Rehabilitation in 1970 and 1988, respectively. She attended the Southern Baptist Seminary and the University of Arkansas. She has also done some interpreting for the deaf for churches and conferences.

Since she began her career with the Commission in 1988, Martha has made numerous presentations at state and national SCI Conferences, serves on the State Catastrophic Leave Committee, is a member of the ASCC Newsletter Committee and is an active member of the St. Vincents Toastmasters. In fact, she received the 1994 honor as Toastmaster of the Year.

This year Martha is also serving on the ASCC Conference Program Committee.

Recently Martha and John Baker, another Little Rock Case Manager, spent several hours producing and editing a video, *Return to the Outdoors*. This video features an ASCC client demonstrating ideas

for sportsmen and women with disabilities.

It is certainly evident that, with such a variety of talents and areas of expertise, Martha is a valued asset to the ASCC Case Management program.



**MY FAMILY MEMBERS:** My husband of 25 years; one son, Jonathan, age 22; one daughter, Angie, almost 19; plus one German Shepherd, 9 years.

**MY GUIDING PHILOSOPHY:** The decisions I make and the way I live life are based on my religious beliefs.

**MOST IMPORTANT THINGS I'VE LEARNED AS A CASE MANAGER:** It's hard to identify only one thing as the most important. This job has been one of my most exciting, because of the opportunities to learn medical information about spinal cord injuries and diseases, laws, resources and to meet new people.

**BEST ADVICE TO SOMEONE WITH A DISABILITY:** I don't give advice. I just ask questions and get people to make decisions themselves.

**MOST SIGNIFICANT ASPECT OF MY JOB:** Since my background is in Counseling/Psychiatric Social Work, I enjoy that aspect of my job the most. I work with three support groups and I find it very exciting when people look at their situations from different perspectives and make positive changes. I can provide information and offer encouragement, but it is far more effective to facilitate interaction among disabled people in a group. As persons with spinal cord disabilities, they are the ones with experience living with disabilities and can help each other through places they have already been.

**MY HIDDEN TALENTS/HOBBIES:** Sewing, cross-stitching and refinishing furniture.

**FAVORITE WAYS TO UNWIND:** Playing the piano, exercising, playing Shanghai on my computer and "surfing" on America Online.

**ACCOMPLISHMENT OF WHICH I'M MOST PROUD:** I have been a freelance writer almost 20 years. I've written for about 30 magazines, but my first project was a book, *Being A Kid Ain't Easy*, published by Abingdon Press. When it was accepted for publication, I was told there would only be one printing. I kept getting royalty checks and discovered that the book was selling so well it had been reprinted. It was then translated into Japanese by Jordon Press, Tokyo. I now have five copies of this strange looking book that I can't read.

## FROM THE DIRECTOR

I finally did it! After serving on the Arkansas Spinal Cord Injury Association's Polaroid Patrol for several months, I finally found my first accessible parking "offender," snapped the photo, filled out the paperwork and delivered it to the Little Rock Municipal Court. It cost me a few minutes and a few miles drive. Hopefully, it will cost the arrogant young man who pulled in and raced into the store a \$100 fine. ASCIA's Polaroid Patrol works with the Little Rock Police and Municipal Court to cite people who misuse designated parking for people with disabilities.

Why did it take me so long to find my first offender? I've been watching every space I see for months now, camera poised. But most cars that use the spaces have the designated license plate or hanging placard. Does that mean the spaces are not being abused? I don't think so. What I see often are people who get out of cars with designated plates or placards *who have no apparent disability* (yes, I know some disabilities are hidden, but mobility impairments that meet the criteria for the plates are seldom hidden). You've seen them too, right? The Polaroid Patrol can do nothing if the car is properly designated. Nor can the police, if they don't see the driver.

Who can do something? You can! If you are the owner of the disabled parking plate or placard. That placard entitles the person *with a mobility impairment* to use the accessible parking space - it does not entitle anyone using the vehicle to use it! If you are the parking placard/plate recipient, it should be used only by you when you are going to leave the vehicle. This means that your dad, mom, wife, husband, son, friend, attendant or any other user of your vehicle is not supposed to use the parking space. It also means that you aren't to use it unless you're exiting the vehicle (if you're waiting in the car, wait somewhere else). The greatest misuse of accessible parking is by people who do not have mobility limitations, but use a vehicle that has the designated plates/placards (people who know or live with someone with a disability who should "know better").

Start your own "parking patrol." Make sure that no one who doesn't need it parks your vehicle in an accessible space (not even to "just run in for a minute"). It's a start! And by the way, the Polaroid Patrol will keep working on the blatant, plateless folks in Little Rock. If you want to join or start one in your town, call ASCIA President Adrian Horton at 568-6406.

See you at the ASCC conference on June 3rd!!!

*Cheryl Vines*

### 1995 MEMORIALS

#### *In memory of Ed Davies \**

Nancy and Jeanie Davies  
Mr. and Mrs. James Hammons  
and family  
Ms. Evelyn Rupprecht  
Mr. Joe Rupprecht  
Mr. and Mrs. Kurt Rupprecht  
Mr. and Mrs. Ernest McQueen  
and family

#### *In memory of Victor DeGroff*

Mrs. Loyd Burks

\* At Ed Davies' request, memorials in his name have been earmarked for adapting toys for children with spinal cord disabilities.

### SPINA BIFIDA CAMP

Spring is here . . . what does this mean? Mention Camp Aldersgate to any child who has been there and you'll get an earful: swimming, parties, cookouts, boating and more. Camp not only provides a wide range of scheduled activities, but it provides a growing experience for the child and parent as well.

The dates for the Spina Bifida Camp this year are **June 11-16** for ages 6 through 10 and **June 18-23** for ages 11 through 16. Camp is open to ASCC clients with spina bifida and other spinal cord disabilities. All camp buildings are wheelchair accessible and air conditioned. Twenty-four hour medical coverage is provided and all campers receive one-to-one

supervision by trained counselors and volunteers.

Application forms, mailed to prospective campers on April 7, must be **returned by May 20**. Since camp selection is based on "first come, first served," it will be best to return your child's application as soon as possible. If your child does not receive a camp application by mail, please call Betty Massey, ASCC Camp Coordinator, at **(501) 296-1788**.

ASCC is sponsoring these two-week long sessions in cooperation with MedCamps of Arkansas, Camp Aldersgate and Spina Bifida Association of Arkansas with the help of many community contributions.

# USE OF ELASTIC STOCKINGS

by Shirley McCluer, M.D., ASCC Medical Director

Questions often arise about the use of elastic stockings, such as: why are they used? what kind is best to use? when can they be discontinued? I will present my personal philosophy, which may or may not agree with what other physicians recommend.

**ACUTE CARE:** Immediately after injury, while the patient is still in bed, the major indication for elastic hose is the prevention of Thrombophlebitis (blood clots), which may occur because of the sluggish return of blood from the legs back to the heart, combined with an increased tendency for the blood to clot, which normally occurs following any type of trauma. For this purpose, full length elastic stockings are used, sometimes combined with alternating compression pumps on the calves, to further speed blood from the feet back to the heart. If there is no contraindication, frequent passive movement of the feet and ankles is also helpful. Ideally stockings should fit smoothly with graduated pressure which is greatest at the toes and gradually decreases toward the thigh. They **must** be removed at least once a day for bathing and complete skin inspection for pressure areas.

**SITTING:** When the spine is stable enough to permit sitting and active rehabilitation, the thigh-length hose become a problem because, with the knee bent, there is usually a constriction at the knee which acts as a tourniquet and slows, rather than helps, blood return. **I consider thigh length hose to be contraindicated in anyone who sits with the knees bent to 90 degrees.** Therefore, at this time it is best to change to knee-length hose. Also about this time, the hose can be left off at night while lying flat in bed. If the feet are swollen from being in a sitting position, slight elevation of the feet will help, being

careful not to hyperextend at the knees. The risk of blood clots decreases with time after injury. There is no uniform agreement about when these precautions can be safely discontinued, but it is common practice in SCI centers to taper off 6-8 weeks after SCI. At this time, the indication for elastic stockings changes, from prevention of blood clots, to prevention of swelling of the feet.

Many nondisabled people experience foot swelling when sitting for long periods of time (such as long plane rides), because muscle activity is necessary to push blood up the hill from the feet. It is not surprising, therefore, that many wheelchair sitters have a problem with swollen feet and ankles. In fact, what is surprising is that every wheelchair user doesn't have this problem! This is one situation where spasticity is an advantage, because the muscle activity helps move the blood similar to what walking does.

Many individuals with SCI will have a minor problem with swollen ankles within the first 2-3 months after they begin sitting, but it never gets any worse and they never do anything to prevent it. Others may have a severe problem that only gets worse with time. The only way to tell is to discontinue the stockings and see what happens. I usually started this when the patient was becoming fairly independent in dressing and complained about the extra hassle of putting on the stockings (also, by this time the hose are usually so overstretched that they aren't doing any good anyway). If there is no significant increase in swelling of the feet over the next 2-3 weeks, nothing further needs to be done. **(Special Note: Watch for an increase in urine output at night which may be a sign of fluid retained in the feet during the day).** If swelling is significant enough to require action, there are several things to be done:

- Resume elastic hose, but be sure they fit properly and have good elasticity;



- Always put the hose on before getting out of bed - don't wait until the swelling starts;
- Reduce salt intake, check serum electrolytes and serum proteins;
- Schedule rest period during the day with feet elevated;
- Occasional, cautious use of diuretics.

**SEVERE SWELLING:** For persistent, severe swelling it is usually necessary to use custom-fitted stockings instead of "off-the-shelf" ones. Some individuals may respond to the cautious use of Ephedrine. If you are interested, have your doctor contact me for more details.

## COMMON PROBLEMS:

- **Fit** - No two people have exactly the same size and shape of leg, so that "off-the-shelf" stockings rarely fit anyone correctly. If they don't fit properly, they can do more harm than good. Watch carefully for wrinkles on the skin when the hose are removed. This suggests a tourniquet effect and is probably harmful.
- **Loss of Elasticity** - Hose must be washed and dried frequently, but very carefully, to prevent loss of elasticity. Many patients will continue wearing stockings that obviously are doing nothing because they are so loose except keeping the legs warm.

If you aren't sure why you are wearing elastic stockings, why not leave them off??? Check with your doctor first.

If you have any questions or information about elastic stockings, please write to me at ASCC, 1501 N. University, Little Rock, AR 72207.

### *For Your Information:*

*Sixty-eight percent of all active spinal cord injury and disease cases on the ASCC Registry are males.*

## '94 - A SUPER YEAR FOR WHEELCHAIR CHAMPION MARVIN MADISON!

Marvin Madison, age 48, sustained a spinal cord injury at the T 11-12/L1 level due to a motor vehicle crash in 1964 while on active duty with the U.S. Army in Germany. Born in Jerseyville, IL, he came to the Mena area in 1980 from California. Marvin and his wife Janet have three daughters, Amanda, age 15; Janette, age 12; and Stafanee, age 10 - all honor roll students.

In 1988, Marvin became interested in wheelchair sports and began playing basketball with the Shootin' Stars of Ft. Smith and racing using a regular wheelchair. Marvin got a "Top End" four-wheeled racer in 1990 and began traveling to events throughout the state. The next year he bought a three-wheeled racer "Screaming Eagle" lightweight. Marvin captured third place for wheelchair racing in Arkansas for 1992. "I had a dream of being first place champion in the state, so I worked towards yet an even better racer, "Fortress," made of airplane aluminum which weighs only 10 lbs., and placed Second Overall in 1993."

"I set higher goals for 1994," said Marvin. He entered the Grand Prix, a total of 14 races in the Sportstop Road Runners Club of America-U.S. Air, Track and Field (RRCA-USATF) Grand Prix XIII. Later, he took first place in the wheelchair division at the Kristen Lowery Springfest in Greenwood. He completed the 5K Run for Health in Mena and took First Place Overall, as well as finishing in first place of the wheelchair division at Rock Around the Track in Fort Smith and racing for ADAPT of Arkansas to raise money for the disabled. During this period, Marvin took time to assist in training his daughter Amanda in running; she took the Spirit Award for the state in 1994.

All of Marvin's hard work, determination and training have paid off. On November 21, at the 1994 Awards Banquet for the RRCA Grand Prix and States Awards held in Hot Springs, Marvin was awarded the RRCA Arkansas Male Wheelchair Racer of the Year Award, the Sportstop Grand Prix Arkansas Premier Running Series Grand Prix XIII Wheelchair Championship, as well as the first place trophy for racing the 10K Healthfest Spa earlier that morning with a time of 32:10! "Wheelchair sports have been loads of fun, rewarding and a great challenge," said Marvin. It is his hope that everyone will come to believe as he does - that being disabled should not mean giving up. Marvin's motto is "persistence always overrules resistance."



## SUPER SPOKES '95

Super Spokes is back by popular demand! Super Spokes, a wheelchair sports program for kids ages 6-16, will be held at the Northside YMCA, 6101 John F. Kennedy Blvd., North Little Rock from 9:00 a.m. to 2:00 p.m. on May 20, June 3, July 15 and August 12. Super Spokes will consist of the all-time favorites: basketball, skill games, hockey, t-ball, tennis, slalom, exercise programs with videos, plus adding road racing and track-field event classes.

Bring your sack lunch and have fun thanks to the many volunteers, coaches and sponsors! For more information contact Rodney Farley, Children's Medical Services Parent Activities Coordinator at (501) 682-1461 or 1-800- 482-5850, ext. 22277, or call Cheryl Vines at 296-1788. See you at Super Spokes '95!

## ROLLIN' RAZORBACKS IN THE FINAL FOUR

On March 11 and 12, the Rollin' Razorbacks hosted the Sectional Tournament at Sylvan Hills High School where teams from Ohio, Illinois, Wisconsin competed. In the Semifinals, the Razorbacks got off to a slow start against North Coast-Ohio before collecting themselves and a 27 point win. The championship game matched Arkansas against Univ. of Wisconsin-White Water, with the winner advancing to the Final Four in Philadelphia. Arkansas seemed to be too much for Wisconsin to handle, as the Razobacks cruised to a 79-51 victory behind the hot shooting of Grant Stroheck and Darren Schenebeck. Tim Kazee was named Tournament MVP.

At the Final Four, the #3 Razorbacks faced #2 Fresno Red Rollers. The score was close most the game, but the size of Fresno was too tough down the stretch, and Arkansas fell 52-47 to the eventual National Champion Red Rollers. The Razorbacks regrouped in the Consolation Game, beating the Ottawa Royals by 7 points, to come away with 3rd place. Darren Schenebeck, Tim Kazee and James Coughlin were named to the All-Tournament team.

## JR ROLLIN' RAZORBACKS GO FOR IT !

The Junior Rollin' Razorbacks (13-6) competed in their first National Championship in Wisconsin on March 31 and April 1. In the first game, they won 52-39 over the St. Louis Rolling Rams. Against the the Twin City Spinners of Canada, however, they went down 46-54. Picking back up in the third game, they scored 62-32 over the Indiana Rollin' Rebels, and again in the fourth and last game, against the L. A. Kodiaks, winning 66-58. The Junior Rollin' Razorbacks ended the tournament in 5th place, with Steve Tew leading in scoring and Nathan Scudder leading in rebounds.

# WHERE THERE'S A WILL, THERE'S A WAY!

How do you propel your manual wheelchair and keep an active baby safe? This is a question Shannon Smith, born with spina bifida, recently asked her ASCC Case Manager Charles Crowson. Mrs. Smith lives with her baby daughter in an apartment complex. As her daughter grew, she became more active and would slip out of Shannon's lap.



Charles and Shannon discussed the problem and decided that some type of infant seat was needed. An infant car seat was selected, the base removed, measurements taken, a sketch drawn of the desired product and the project was underway!

The frame had to be attached to a Quickie II manual chair. Since Shannon does not use the hanger footrest, the decision was made to mount the seat frame into the chair

frame that supports the hangers. One-half inch electrical conduit pipe was selected because its exterior diameter was small enough to fit inside the diameters of the chair frame. Charles then began the job of carefully and precisely measuring and bending the conduit to ensure correct conformation and fit.

The result is a functional seat frame that Shannon can easily attach to her chair frame when-

ever she needs to move from room-to-room or go outside for fresh air. When not needed, the seat is simply removed and stored. This idea can be custom-fit to any wheelchair by installing mounting brackets if any other wheelchair users need to adapt their chairs.

## '95 SCHOLARSHIPS

*Continued from Page 1*

the ASCIA Scholarship Committee by **May 15, 1995**. To obtain an application, contact ASCIA President Adrian Horton at **568-6406** or Scholarship Committee Chair Cheryl Vines at **296-1788** or **834-8513**. All applications will be considered by a review committee and winners will be notified by May 19. Scholarships will be awarded at the ASCC conference on June 3, 1995 (recipients should be at the conference to receive the award). Previous recipients are welcome to apply. An individual may receive the scholarship twice. If you're heading for school this fall, apply for an ASCIA scholarship now!

High school graduates who are looking toward college in the fall, or adults who are considering returning to school, may be interested in applying for other scholarships available specifically for persons with disabilities.

The Arkansas Governor's Commission on People with Disabilities offers scholarships for persons with various types of disabilities. Applications may be received by calling **296-1660**. The deadline for returning the applications is **April 30**. Preference is given to persons whose academic work shows promise.

The Spina Bifida Association also offers scholarships for persons with spina bifida. Persons applying must be residents of Arkansas, but are not confined to attending college in Arkansas. They must have an acceptance from a college in order to apply. Call **851-3351** or write Spina Bifida Assn. at P.O. Box 24663, Little Rock, AR 72221 to get an application. There is no deadline, but application should be made several months in advance of beginning college.

## WHAT'S NEW IN THE RESOURCE CENTER?

The AR Education and Resource Center now has the following **fact sheets** available from the **National Spinal Cord Injury Association**. These fact sheets contain some very useful information and you may obtain a copy by calling Karen Schmidt at **(501) 296-1792**.

- #1. What is Spinal Cord Injury?
- #2. SCI Statistical Information
- #3. Sexuality After Spinal Cord Injury (Male and Female)
- #4. Choosing a Spinal Cord Injury Rehabilitation Program
- #5. Spinal Cord Injury Research: What's New in Cure and Treatment Research?
- #10. Male Reproductive Function After Spinal Cord Injury
- #13. Reading Resources
- #14. Resources for Pediatric Spinal Cord Injury

Also, the Resource Center has added two new **ASCC fact sheets** written by Shirley McCluer, M.D., ASCC Medical Director.

- #22 Management of Urinary Tract Infections in SCI
- #23 ASCC Wheelchair Purchase Guidelines

In the **video** section several new tapes have been added, including:

- *Return to the Outdoors*, 28 min. long. This new version of a camping video produced by ASCC Case Managers Martha Henderson and John Baker has been edited with music added.
- *Instructional Video on the MMG O'Neil Catheter System*, 9 min. long.
- *Spasticity Released: Baclofen Pump Instructional Video*, 15 min. long.



## NEW ACCESSIBLE APARTMENT COMPLEX IN HOT SPRINGS

Many people will be happy to know that the Chaucer Street Apartments, located at 345 Chaucer Street in Hot Springs, is now open for tenants. The complex has 20 apartments, each with one bedroom. The units are totally accessible to persons in wheelchairs and will be restricted to persons who can live independently. A person unable to live independently may apply as long as he/she has home health aides or caregivers, to provide for daily needs.

Applicants must be low income and physically disabled. Rent is subsidized, based on the tenant's income. Utilities are paid by the complex, but tenants are responsible for furnishing their apartments. The apartments are located about ten blocks from the Hot Springs Rehab Center and are on a bus line.

Applications may be requested by calling Robert Easter at **624-4411** or the Chaucer Street Office at **620-4142**. All applications are reviewed by a Board of Directors and selections are made by them. Call either of the numbers listed above for more information.

### SPINAL COURIER

Arkansas Spinal Cord Commission  
1501 North University, Suite 470  
Little Rock, AR 72207

#### Commission Members:

Grover Evans - Jonesboro (Chair)  
Sloan Lessley - Calico Rock  
Russell Patton - Jonesboro  
Glenn Sharp - Gassville  
Sheila Galbraith Bronfman - Little Rock

FORWARDING AND RETURN  
POSTAGE GUARANTEED,  
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REQUESTED

## CALENDAR OF UPCOMING EVENTS

A **Fishing Derby** is scheduled for **Saturday, June 24, 1995, from 10:00 a.m. to 12:00 noon** at Resthaven Memorial Park on Hwy. 7T, Russellville, AR. A hot dog lunch will be provided. Fish caught at the event will be cleaned on-site by volunteers. Bring your own gear and bait, if possible, but do come! For more information contact ASCC Case Manager Robert Griffin at 890-5751.

The **Sixth Annual "Wheels and Reels" Fishing Derby** for Region II will be held **Saturday, May 20, 1995, from 10:00 a.m. to 4:00 p.m.** on Bryan Lake at the Lyon College campus (formerly Arkansas College), Batesville, AR. For more information, contact ASCC Case Manager Charles Crowson at 793-4153.

Wheelchair Tennis Players Assn. U.S.A. presents the **Second Annual Arkansas Wheelchair Championships** at the Ft. Smith Athletic Club, Ft. Smith, AR on **April 22-23, 1995**. Mail

entries to: Ft. Smith Athletic Club, c/o AR Wheelchair Championships, 5400 Gary, Ft. Smith, AR 72903. Entries must be received by 6:00 p.m. April 18, 1995. For more information, call 452-4031.

On **April 25, 1995, from 12:00 noon to 4:30 p.m.** ASCC will be having a **Free Wheelchair Wash** at Ourway Apartments, 10434 W. 36th Street by the office. Bring your wheelchair in and we'll clean it for free. Contact John Gould at 296-1784 or Karen Schmidt at 296-1792 for more information.

**Winners on Wheels (WOW)** meets at Northside YMCA, 6101 J.F.K. Blvd., N. Little Rock, AR on the **1st and 3rd Saturdays of each month from 11:00 a.m. to 1:00 p.m.** Children and volunteers are encouraged to come and enjoy the fun. For more details, contact Emma Purifoy at 945-0033.

*To have activities announced in the July '95 issue of Spinal Courier, call the Co-editors at 296-1784 by 6/23/95.*

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